

First time in nearly 30 years

Posted by MeeToo613 - 14 Dec 2014 02:54

For nearly 30 years I've been arousing myself and/or touching myself.

This is the first time I've ever really "spoken" to anyone about it. It never even crossed my mind that I might be an "addict" until 3 or 4 years ago.

While I have managed to to reduce the frequency over recent years, eg by having specific times when I won't, I would often "edge" during those times.

Until (b'hashgacha protis) coming across the Your Brain on Porn site a week ago I had never really considered that stopping was achievable for me. Having seen the 90 day plan AND the effect that looking at porn has on my brain, I felt a greater desire to stop than ever before + I now have a concrete and PG achievable target - 90 days - not just "forever".

I hope to follow the Your Brain on Porn criteria which includes not intentionally looking at anything which would arouse me, even if it is not porn, and also not "edging", which they say has a particularly bad effect on the brain. Although I won't necessarily "fail" myself if I fall down on these 2 points.

BH the first 2 days have been OK. I've had the expected cravings, not bad enough to make me consider actually doing anything but still difficult enough and a feeling of being on fire. I feel my heart rate increasing when I consider what lies before me.

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Re: First time in nearly 30 years

Posted by MeeToo613 - 02 Feb 2015 04:03

Thank you all for your comments. I am completely embarrassed that it's taken me so long to respond. Same excuse as before: the limited opportunities I get (given the privacy required) are often when I need to do something else.

Anyway, using this as a sort of diary, I am also embarrassed/frustrated that I have had a couple of proper "falls" despite starting off being confident that I would be successful first time around!!

The first fall started off by looking at things that were not technically breaking the rules but were arousing. You probably won't be surprised that it lead to a fall.

The second time, I was trying to avoid that mistake but made the mistake of daydreaming about permissible sex (ie with my wife), with the same result.

I'm now hoping for 3rd time lucky. My new strategy (PG) is to not think about sex at all, even

permissible sex, other than in the moment.

I'm also hoping that a side benefit will be that when I am intimate with my wife I can be confident that I am not using her as a substitute for masturbating, which concerns me at the moment. I would be interested to hear the views of more experienced GYEers on trying to be 90(+) days clean vs being intimate with one's wife?

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Re: First time in nearly 30 years
Posted by cordnoy - 02 Feb 2015 08:36

Once again, the thinkin' of how to do this when I'm sober, or am I simply substitutin'....that is all so to speak the atzas hayetzer...it is your responsibility to be sober. If marriage brings about intimacy, so be it....that is part of life and a positive. I am more concerned with your recovery methods. Yes, you are focusin' on your eyes and what you click on, but 30 years (which by the way is around the same much as mine)!? Don't you think that there is somethin' there which brings this about? Were you simply not able to control yourself for so long? Perhaps, but I think it may be productive to examine this avenue.

b'hatzlachah

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Re: First time in nearly 30 years
Posted by gibbor120 - 02 Feb 2015 17:20

Hi,

You are working hard on making gedarim, which is great and necessary. But, many of us found that we have a void in our lives, and use acting out to fill that void. Learning to live in a healthier way, removes (or at least partially fills in) the void, and makes living more enjoyable. It requires less effort, less often to overcome urges.

Keep posting as much as you are able. Read the handbook. Read some of the links in my signature.

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Re: First time in nearly 30 years

Posted by serenity - 03 Feb 2015 00:00

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I like to think of this verse in terms of recovery. At first we may resolve to and we may stop our lustful behavior "Turn from evil". Then positive action, ,???????? ???? brings us further along and strengthens our resolve. Once we are taking positive steps, we then start to daven for serenity "beseech peace" and experience it. We must be willing to go any lengths for recovery. The fact that we have turned from our behavior, started a plan of action and are starting to feel good and peaceful isn't enough. We need to "pursue" our recovery with our time, energy and devotion. You know what I'm saying? ?????????

That is a very strong word. Perhaps someone has a nice vort to show the strength of that word. Personally I think of it as an all consuming pursuit of recovery that takes paramount importance in my life above everything else. If I pursue recovery like that, it cannot escape me.

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